



2019 RUN FOR THE LIGHTS

RUNNER'S PACKET



SCHEDULE

Friday, November 29th

TIME	ACTIVITY	LOCATION
2:30 – 4:30pm	Early Race Bag Pick-Up	Parks & Rec Office <i>City Hall, 2nd Floor</i> <i>(30 W. Central St., CF)</i>

Saturday, November 30th

TIME	ACTIVITY	LOCATION
2:45 – 3:45 PM	Check-In/Race Bag Pick-Up	Marshall Park Warming Shelter
3:50 PM	All Participants at Start Line	Irvine Park near Welcome Center/Main Pavilion
4:00 PM	Race Starts!	5K runner's @ front 1 Mile walkers, pets @ back
5:00 PM	Village Open to Vehicles	Christmas Village opens for vehicles to drive through

PARKING

Parking Location: Marshall Park Lot (near outdoor pool), accessible parking available upon need.

Please follow the instructions of the Parking Volunteers when you arrive at Marshall Park.

Please note: There is no parking along Bridgewater Ave. This is a high use road, and for safety concerns, exceptions to parking restrictions will not be made.

RESTROOMS/FACILITIES

Restrooms: Marshall Park Warming Shelter & Irvine Park Welcome Center

Water Station: Located about 2 miles into race and in Irvine Park Welcome Center

First Aid: Located near Start/Finish line of race course





CHECK-IN/REGISTRATION

Check-In/Registration: Begins at 2:45pm at the Marshall Park Warming Shelter

- There will be two lines for check-in, please be in the appropriate line:
 - Pre-registered runners and walkers
 - Day-of Registrations
- All participants will need to sign the race waiver – **YOU MAY ONLY CHECK-IN YOURSELF.**
 - All pre-registered participants will receive a goody bag & race shirt at check-in.
- Same-day registration will be available for people who still need to sign up.
 - \$30/person
 - ***Race shirts will NOT be guaranteed for same-day registrations***


Check-In/Registration: Closes at 3:45pm sharp, runner's report to start line in Irvine Park.

RACE GUIDELINES

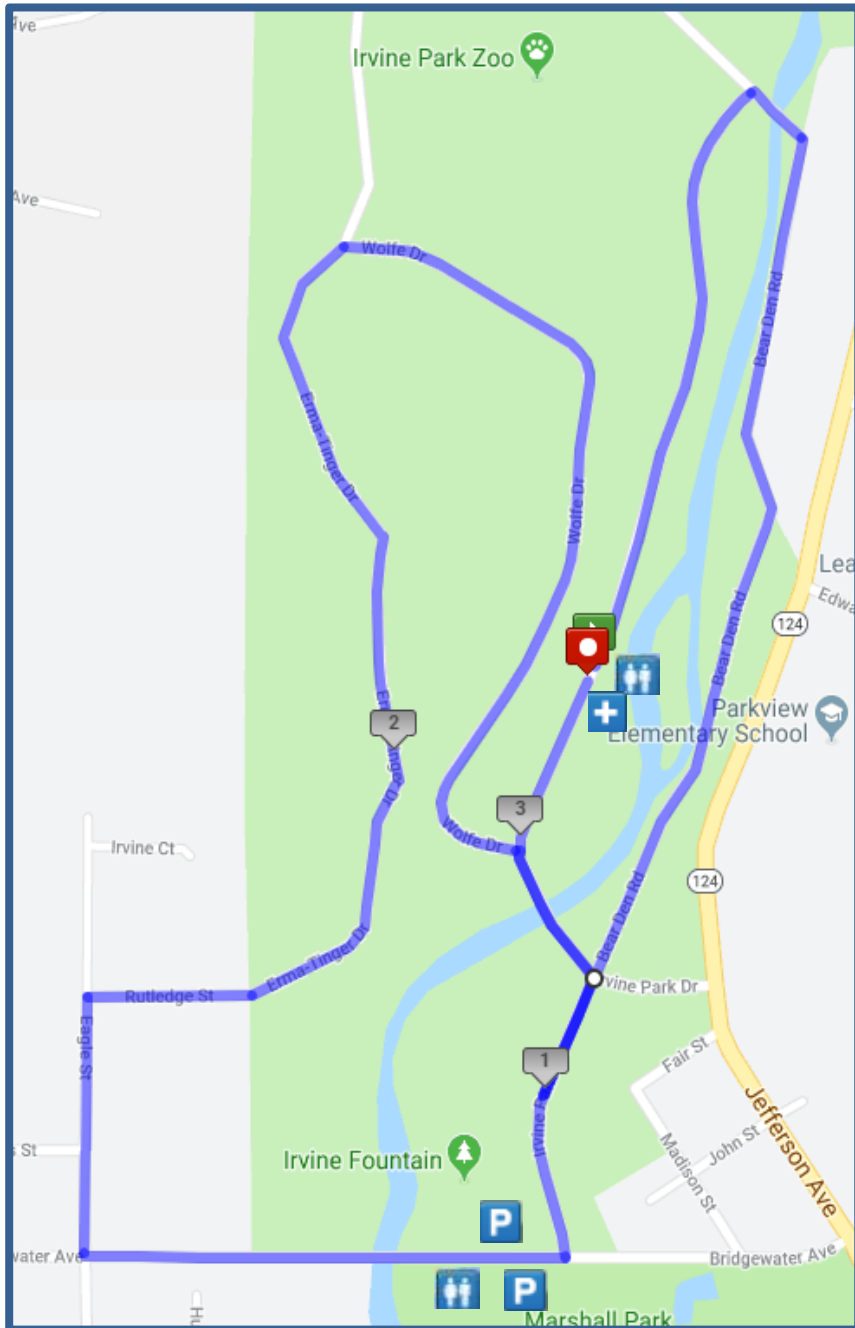
General Guidelines:

- 1 Mile Walk/5K walkers please start behind the 5K runner's near the back.
- Leashed Pets are allowed on the course, so long as they do not interfere with participants running the 5k race. ***Participants with pets will start behind 5k runners. All pets must be cleaned up after.***
- No rollerblades or bicycles are allowed on the course.
- Strollers, wagons, or other ways to carry small children are allowed on the 1 mile course, so long as they do not interfere with participants running the 5k race. Please stay to the side for 5K runners.

Special Notes for the 5K Course:

- All participants running or walking the 5k course must have a visible race bib number when crossing the finish line. The 5k course is timed and non-numbered runners are prohibited.
 - On City Streets, please keep to the LEFT. If possible, please run on the sidewalks and follow signs.
 - The route on Erma-Tinger Drive in Irvine Park will be darker. If you are walking, please use caution along this portion of the course.
 - There may be spots of ice/snow so please use caution throughout the course and notify a route volunteer if you need assistance, first aid, or there is an emergency.
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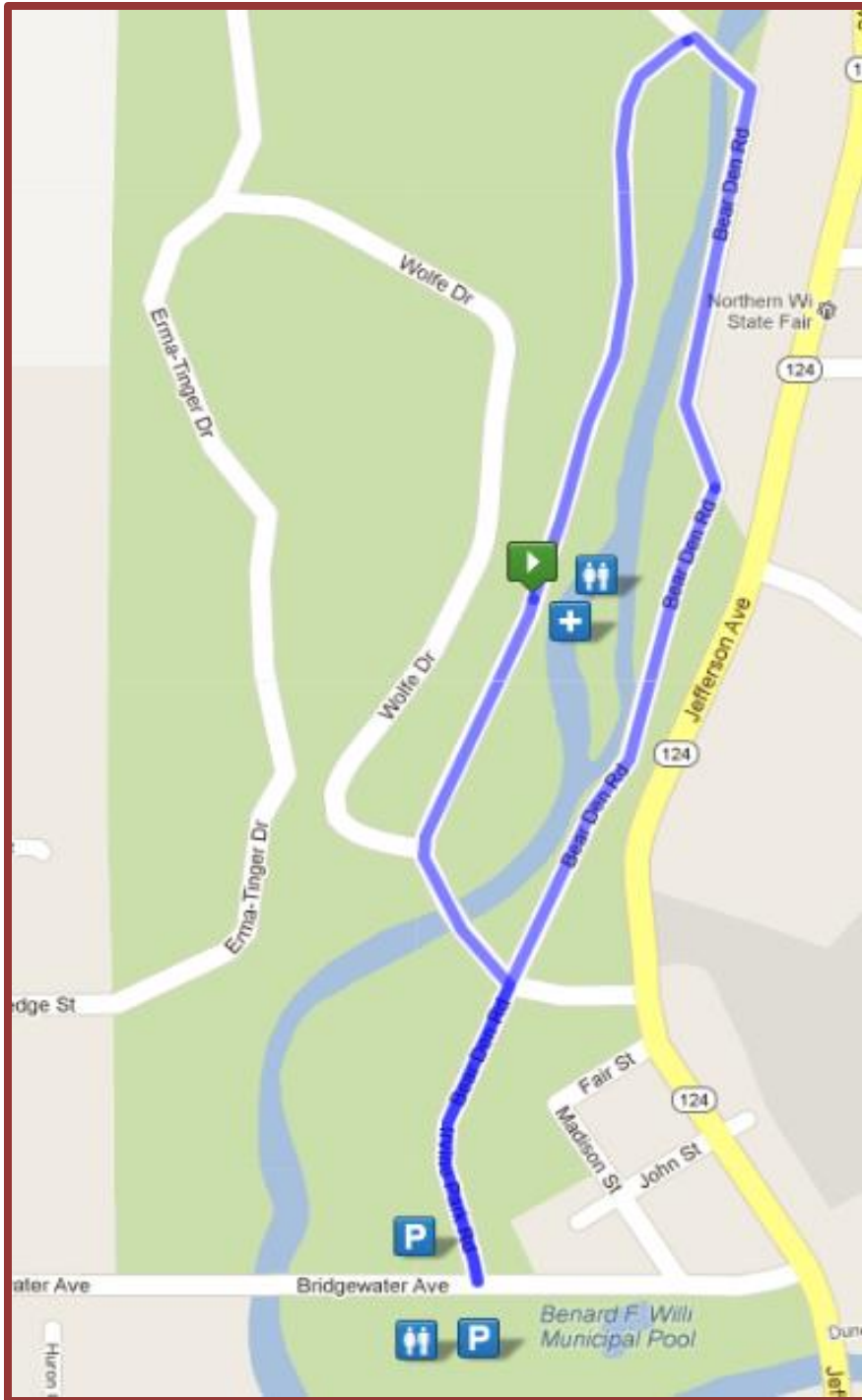
5K RACE ROUTE



Turn by Turn Directions

START	Start at Welcome Center, head northeast toward Bear Den Rd.
0.3 mi	Turn right onto Bear Den Rd. and cross bridge
0.4 mi	Head southwest on Bear Den Rd toward Irvine Park Dr.
0.9 mi	Continue straight toward Bridgewater Ave.
1.0 mi (U-Turn)	Pull U-turn at designated "turn around point" by Bridgewater Ave
1.1 mi	Turn left onto Irvine Park Rd. and cross bridge
1.2 mi	Turn left onto Wolfe Dr., Continue to school house/log cabin
1.7 mi	Turn left onto Erma-Tinger Dr., Continue past flag hill entrance
2.3 mi	Turn left on Eagle St.
2.5 mi	Turn left onto Bridgewater Ave., Continue towards park entrance
2.7 mi	Turn left into Irvine Park
2.9 mi	Turn left onto Irvine Park Rd. for 2 nd time, and cross bridge again
3 mi	Take slight right towards Welcome Center/Finish Line
3.1	FINISH

1 MILE ROUTE



Turn by Turn Directions

Start	Start at Welcome Center, head northeast toward Bear Den Rd.
0.3 mi	Turn right onto Bear Den Rd. and cross bridge
0.4 mi	Head southwest on Bear Den Rd. toward Irvine Park Dr.
0.9 mi	Continue straight toward Bridgewater Ave.
1.0 mi (U-Turn)	Pull U-turn at designated “turn around point” by Bridgewater Ave.
1.1 mi.	Turn left onto Irvine Park Rd. and cross bridge
1.25 mi.	Take slight right towards Welcome Center/FINISH LINE